

Energy Drinks Before a Workout



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What exactly are energy beverages? Drinks that provide you with energy right? Sounds easy enough. However, what's in energy drinks that give you the power? Some, such as a Monster, don't exactly disclose everything that is in it. Some merely state "proprietary blend" or "energy blend complex." These are questions and concerns that numerous people consider before deciding whether or not they want to start taking an energy drink before exercise.

Caffeine

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Caffeine is typically the main ingredient in most energy drinks, although it might probably be named one thing various, such as guaranine or matine, or theine. Caffeine has been around for a very long time. Although all caffeine is the same, it will come from different sources. Caffeine occurs obviously in flowers such as tea leaves, cocoa beans, espresso beans, and guarana plant (guaranine), amongst many more. The supply that the caffeine comes from truly does perhaps not alter the typical advantages of caffeine, including enhanced alertness, increased focus and concentration, and paid off fatigue.

Is Caffeine Right for Me

Prior to using an energy that is caffeinated you need to consult your medical professional. Individuals with heart related illnesses and/or blood that is high are usually advised against it. They should be used by you at your personal discretion. Negative side-effects include increased urination, upset stomach (diarrhea), insomnia, dizziness and/or nausea, and increased heart rate. The only effect that I have ever experienced is diarrhea. Apart from that, no issues.

Which can be the Best Energy Drink

Physically, it would be an all natural juice that is high in natural sugar, such as apple juice or grape juice if I had to choose the best drink for energy. Unfortunately, I have tried those and they just don't offer that "kick" that is extra I am looking for to complete my workouts. Thus, I have looked to other sources of power. My three favorite energy drinks are as follows:

V8 V Fusion + Energy. I absolutely ENJOY this energy drink. Its just 50 calories and provides a dose that is decent of (80 mg) and other vitamins such as vitamin A, vitamin C, vitamin E, vitamin B6, and vitamin B12. V Fusion + Energy even provide a serving that is full of and veggies!

FRS Healthy Energy (11.5 oz. serving). FRS Healthy Energy is another good power drink, although i really do nothing like it as much as the V Fusion + Energy one. FRS is 15 calories and comes in 5 flavors: citrus pomegranate, orange, peach mango, wild berry, and nectarine. The only taste I have tried is orange and I think it tastes okay. Bearable at the minimum. FRS contains 48 mg of caffeine and most of the exact same nutrients as V Fusion + Energy. However, FRS upset my stomach more for some reason.

Hydrive Energy. I realized the Hydrive Energy drink recently and have only used it once or twice prior to working out. Regardless, the results are loved by me! Unlike the two energy beverages in the above list, Hydrive contains a whopping 160 mg of caffeine and Extra that is hydrive Power 195 mg per bottle! It tastes okay. You've got 8 flavors to select from: citrus rush, kiwi strawberry, triple berry, lemon lime rush, grape fusion, blue raspberry (extra energy version), black cherry (extra energy version), and wild peach (decaf version).

Another reason I love these three energy beverages listed above is because each of them disclose exactly what is with in the drink entirely on the container. I refuse to eat something that contains a blend that is "proprietary" because there is no chance of knowing how much of each ingredient is in the drink. It merely lists one quantity, such as 1110 mg, rather than separately disclosing the amount of each and every ingredient.

Final Note

Personally, I love to drink a power drink before working out. It not only provides me with the boost that is extra of I must make it through my work out, but additionally makes it somewhat enjoyable. That is probably due to the B vitamins that are recognized to enhance emotions thus causing you to feel "happy." As long as you use caffeine in moderation, most experts deem it ok. Most healthier people can eat between 200 and 400 mg of caffeine daily and be fine. In reality, the National Institute of Health conducted and research which figured coffee drinkers are less inclined to die from heart disease, respiratory disease, stroke, injuries and accidents, diabetic issues, and infections than non-coffee drinkers. Pretty crazy huh? Regardless, you should always consult your physician before taking any type of caffeinated beverage.